

The Monthly Splash

Aquazot Swim Club News June 2025

June Birthdays

Zot

Aria Ergan
Bryan Hu
David Wang
Elinor Jin
Isla Henderson
Kyle Tang

Azot

Darren Wu
Evelyn Chen
Jaymen Godara
Lucien Huang
Melody Chen
Steven Lau
Zichen Yan

Senior

Brandon Tran
Emery Kanda
Mikaela Chien
Montgomery Kanda
Ryan Kuo
Taylor Alva
Zoey Lacson



Welcome

Welcome to our new Aquazot families!

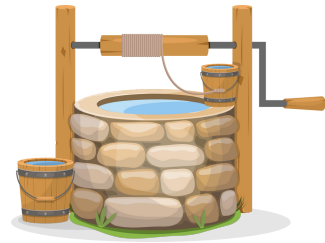
Tyson and the Tran Family (Senior 2)

Declan and the Wang Family (Azot 3)

Macy and the Pan Family (Azot 2)



The Wellness Well with TC



Self-Efficacy in Swimming

Are you familiar with this term? It means what you think about yourself. It is not confidence. It's more about a swimmer's belief in their ability to perform.

Sometime during a swimmer's career, they will get sick and miss a few days or a week of training. These are setbacks and will happen.

Here are some ways to “cope” with these temporary setbacks.

- Trust your training
- Trust the process
- Trust your coach
- Believe in yourself

First, do not return to training until your symptoms are better. Accept that you won't feel good for a few days, but it will get better.

After a break in training, you can do the following:

- Come to practice with a good attitude
- Use positive self-talk
- Allow yourself to normalize back into a good state of training

Remember, returning to competition or practices after illness will happen throughout your career. It is normal and requires a positive mindset to deal with it and move past it. Most athletes will face this. You will return stronger mentally and it will be a part of your journey.

Own it.

Now, go and swim your best race!

Thomas C. (T.C.) Valentine, MS, MBA

Look who is getting better



CMAC Age Group Meet 5/17-19th Age Group

Brieleigh Adams, Willow Adams, Bryce Alpert, Hoshi Aono, Jio Aono, Suebin Baek, Violet Bian, Levi Bouhbot, Daniel Cai, Anabelle Chairunas, Weilin Chen, Zhuo Chen, Aaron Cheng, Abraham Cheng, Katherine Chow, Russell Choy, Elizabeth Chu, Ryan Chu, Clara Cough, Eren Doker, Yirong Du, Ava Encheff, Aria Ergan, Bryan Hu, Sophia He, Kyle Henry, Austin Huang, Noah Huang, Sumire Kafrawi, Ashton Kao, Hana Kasahara, Kevin Kubasik, Nicholas Kubasik, Nicholas Lacson, Ava Lam, Mia Lam, Steven Lau, Ara Lee, Bada Lee, Miranda Lee, Albert Li, Chloe Li, Caleb Liu, Jacob Lui, Jimmy Lu, Bailey Luu, Bella Luu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Ryan Meraviglia, Ari Mobasser, Noah Mobasser, Kellen Nguyen, Marcus Nguyen, Olivia Nguyen, Reagan Nguyen, Gabrielle Osiobe, Liam Pennisi, Vasilisa Shcherbakova, Yale Shen, Drew Stout, Isla Stout, Alex Tang, Julian Tang, Kyle Tang, Johanna Toney, Sophis Tsui, Deniz Ucar, Andrew Wang, David Wang, Kyle Wang, Yicheng Wang, Chloe Watson, Summer Williams, Muxian Wu, Brian Xiang, Diane Xu, Grady Yang, Ray Yu, Claire Zhan, Abigail Zhang, Daniel Zhang, Egbert Zhang, Lambert Zhang, Derek Zhu

Seniors

Taylor Alva, Anika Corpus, Matthew Cai, Emme Catazano, Matthew Chiang, Brayden Chow, Karlie Choy, Alannah Dada, Madeline Dew, Olivia Efimenko, Kynsley Espiritu, Claire Fan, Johanna Godfrey, Toby Kao, Ryan Kuo, Nathaniel Lacson, Zoey Lacson, Jade Lee, Azam Masud, Joel Mathews, Collin Pajer, Isaac Paul, Olivia Paul, Kellen Pizzaro, Joshua Rhee, Sydney Santos, Summer Shaves, Kohl Tang, Zara Torres, Morgan Vu, Naiyin Wang, Mubai Wu, Shangton Wu, Bokai Zhang

Patriot Mayday Wave Meet 5/17-19th Age Group

Shaan Chenam, Huynh Le, Oliver Liu, Jenna Mak, Kariss Nguyen, Penelope Nguyen, Berlin Ulep

Seniors

Ender Lee, Shibli Luna, Joshua Richardson

Speedo Grand Challenge 5/23-25th Age Group

Jio Aono, Guilherme Friggi, Nicholas Kubasik, Nicholas Lacson, Katherine McCrea, Isla Stout, Kristina Tang, Jasper Ye, Mier Zhang

Seniors

Austin Chen, Matthew Chiang, Ryan Ham, Raymond Jew, Ethan Ma, Maggie Mu, Jackson Nguyen, Isaac Paul, Haylee Pramono, Summer Shaves, Lucas Tang, Marco Pablo Tirado, Serena Ye, Liam von Schonfeldt

Coaches Corner with Coach Matt



Feeling stuck?

Often in a pursuit to achieve our goals we find ourselves “stuck” where we just can’t seem to drop any time. It is times like these that we need to step back, review our process and ask ourselves some key questions.

1. Am I still making progress, just not as fast as I had hoped?
 - a. Was the timeframe I set out reasonable?
 - b. Am I expecting more out of the efforts I am putting in?

Remember that reaching your goals is ultimately what you are looking for, but it may take longer than you anticipated.

2. Does my road map (plan) lead to my goals?
 - a. Are the actions in my plan leading me toward my goals?
 - b. Am I sticking to the plan I laid out or straying off the path?
3. Am I willing to do what is required to reach my goals?
 - a. Are you working hard enough to reach your goals?
 - b. Are you keeping your eyes focused on your goal or letting something else distract you?

Remember that great results don’t come easy and keeping your goal at the center of your attention will help you avoid the things that might keep you from achieving them.

4. Are there other things you can do to get you back on track?
 - a. Step back, evaluate your training (with the aid of your coach) and make adjustments.
 - b. Is there something you need to add or subtract from the plan?

The road to your goals will be challenging, but with patience, purpose, and proper adjustments, you can achieve them!

Look who is ranking up!



CMAC Age Group Meet 5/17-19th Age Group

Abraham Cheng - 50 Free WAG, Albert Li - 100 Breast Spring JO, 50 Back Spring JO, Alyssa Luwiharto - 100 Free Nat A, 50 Breast JAG, Ari Mobasseri - 100 Free WAG, Ashton Kao - 50 Back Nat AAA, 50 Breast Nat AAA, Ava Encheff - 200 Free WAG, 50 Back WAG, Bella Luu - 100 Back JAG, 100 Free Spring JO, 50 Back Nat AAAA, Brieleigh Adams - 100 Free JAG, 50 Free Nat A, 50 Breast JAG, 50 Fly Spring JO, Chloe Li - 50 Breast JAG, Claire Zhan - 200 IM JAG, 50 Free Nat A, 50 Fly Spring JO, Daniel Cai - 100 Back WAG, 50 Back Summer JO, 50 Breast Nat AA, Daniel Zhang - 100 Free WAG, 50 Breast WAG, Drew Stout - 100 Free JAG, 50 Free WAG, 100 Back Nat AA, 100 Fly Summer JO, Elizabeth Chu - 100 Breast WAG, 50 Back WAG, Eren Doker - 100 Free JAG, 50 Fly Spring JO, Ethan Luwiharto - 100 Free WAG, 50 Free Summer JO, Hoshi Aono - 200 Free Nat AAA, 50 Fly Nat AAA, Isla Stout - 100 Free Nat AAA, 100 Back Nat AAA, 50 Breast JAG, Jacob Liu - 50 Breast JAG, 50 Fly JAG, 50 Free WAG, Jenna Mak - 50 Fly WAG, Jio Aono - 100 Free Spring JO, 50 Fly Nat AA, Johanna Toney - 100 Free Nat AAA, Julian Tang - 100 Free WAG, 50 Back JAG, 50 Breast JAG, 50 Fly JAG, 50 Free WAG, Katherine Chow - 100 Free JAG, Kellen Nguyen - 100 Breast Spring JO, 50 Fly JAG, Kevin Kubasik - 100 Fly Nat AAAA, 100 Free Nat AAAA, 200 IM Nat AAA, 50 Free Nat AAA, Kyle Henry - 50 Breast JAG, Kyle Tang - 50 Breast WAG, Kyle Wang - 100 Free JAG, 50 Free Spring JO, 100 Fly Nat A, 50 Back JAG, 50 Fly Spring JO, Lambert Zhang - 200 Free Nat AA, Levi Bouhbot - 50 Breast Nat A, Marcus Nguyen - 50 Fly WAG, Mason Nguyen - 50 Back JAG, 50 Fly JAG, 50 Free WAG, Miranda Lee - 100 Back JAG, 100 Free Nat A, Nicholas Kubasik - 200 IM Spring JO, 100 Fly Spring JO, 50 Back Spring JO, Nicholas Lacson - 100 Fly Nat AAAA, 100 Free Nat AAAA, 200 IM Nat AAA, 50 Free Nat AAA, Ray Yu - 100 Free JAG, 200 Free Spring JO, 50 Back Spring JO, 50 Free JAG, Reagan Nguyen - 50 Back WAG, 50 Fly WAG, Russell Choy - 100 Back Spring JO, 100 Free JAG, 50 Back Spring JO, 50 Breast JAG, 50 Free JAG, Sophia He - 100 Fly Nat AAA, 200 Free Nat AAA, Sophia Tsui - 100 Breast WAG, 50 Back Spring JO, 50 Free Summer JO, Steven Lau - 50 Back JAG, Sumire Kafrawi - 100 Breast Summer JO, 200 IM JAG, 50 Back WAG, 50 Breast JAG, 50 Fly Spring JO, 50 Free Summer JO, Vasilisa Shcherbakova - 100 Free Spring JO, 50 Back WAG, 50 Fly Spring JO, Willow Adams - 100 Back JAG, 100 Free Nat A, Yichen Wang - 100 Fly JAG, 200 IM JAG, 50 Back JAG, Zhuo Chen - 100 Free WAG, 50 Breast Nat A

Seniors

Azam Masud - 100 Free Nat A, 200 IM Nat A, 100 Fly JAG, 200 Breast Spring JO, Bode Encheff - 400 Free JAG, Bokai Zhang - 50 Free JAG, Isaac Paul - 100 Fly WAG, Karlie Choy - 100 Fly Nat AA, Kellen Pizzaro - 50 Free Spring JO, 100 Breast Spring JO, Kohl Tang - 100 Breast WAG, Matthew Cai - 100 Free Spring JO, 200 Free Spring JO, Matthew Chiang - 200 IM Nat AAA, 50 Free JAG, 100 Back JAG, Morgan Vu - 100 Free Nat AA, Naiyin Wang - 200 IM WAG, Nathaniel Lacson - 1500 Free JAG, 200 IM Nat A, 100 Fly JAG, 800 Free JAG, Oliviiia Efimenko - 200 Back Nat AA, Ryan Kuo - 400 IM Nat AAA, Summer Shaves - 400 Free Spring JO, 100 Breast Nat AAA, 200 Back Spring JO, Toby Kao - 400 Free WAG, 100 Breast JAG, Zoey Lacson - 400 Free WAG, 200 Back JAG

Speedo Grand Challenge 5/23-25th Age Group

Guilherme Friggi - 100 Fly Nat AA, 50 Back Nat AA, 50 Fly Nat AAA, Isla Stout - 100 Fly Nat AAA, 50 Fly Nat AA, Jasper Ye - 100 Breast Nat AAA, 50 Breast Nat AAA, Jio Aono - 100 Fly Nat AAA, Katherine McCrea - 100 Fly Spring JO, 50 Breast JAG, Kristina Tang - 100 Fly Nat AAA, Mier Zhang - 50 Breast JAG, Nicholas Kubasik - 100 Fly Nat AAA, 100 Free Nat AAA, Nicholas Lacson - 100 Back Nat AAAA, 100 Free Nat AAAA, 50 Back Nat AAAA, 50 Fly Nat AAAA, 50 Free Nat AAAA

Seniors

Austin Chen - 200 Back Nat AA, 400 IM JAG, Ethan Ma - 100 Back WAG, 100 Breast Nat AAA, Liam von Schonfeldt - 100 Free Summer JO, Lucas Tang - 400 IM Nat AAAA, Marco Pablo Tirado - 100 Fly JAG, 200 IM JAG, Raymond Jew - 100 Breast Nat AAAA, Summer Shaves - 400 IM Nat AAAA

Now a word from the Doctor



Muscle Cramps? Prevention and Treatment

Muscle cramps are involuntary, painful muscle contractions of a muscle or muscle group, most often affecting the calves, feet or hamstrings.

Causes

Muscle cramps during swimming commonly result from dehydration, electrolyte imbalances, and muscle fatigue. Competitive swimming demands intense physical exertion, leading to substantial fluid and electrolyte loss through perspiration, even in the water. Essential electrolytes, such as sodium, potassium, and magnesium, are vital for muscle contraction and relaxation. Muscle cramps during swimming commonly result from dehydration, electrolyte imbalances, and muscle fatigue.

Prevention

Preventing muscle cramps requires proactive preparation. Adequate hydration ...junior swimmers should consume water consistently throughout the day and supplement with electrolyte-enhanced beverages during meets. A nutrient-rich diet, including potassium sources (e.g., bananas, oranges), magnesium-rich foods (e.g., spinach, almonds), and calcium-containing products (e.g., dairy), supports optimal muscle function. Dynamic warm-up routines enhance circulation and prepare muscles for intense activity.

Immediate Treatment

When a cramp occurs during a swim, swimmers should stop swimming and use the lane line or wall for support while gently stretching the affected muscle. For a calf cramp, dorsiflexing the foot (pulling toes toward the shin) can alleviate tension. Gentle massage improves blood flow, aiding muscle relaxation. Consuming an electrolyte beverage or a sodium-rich snack helps relieve the cramp.

Post Swim meet treatment

After muscle cramping, a structured 48-hour recovery plan is vital. Swimmers should prioritize rehydration with water and electrolyte drinks. Light stretching or low-impact activities, such as yoga or walking, promote circulation without straining muscles and foam rolling the areas with residual tightness. Consuming anti-inflammatory foods, such as berries or fatty fish, may reduce soreness. Persistent discomfort may require over-the-counter pain relievers like ibuprofen.

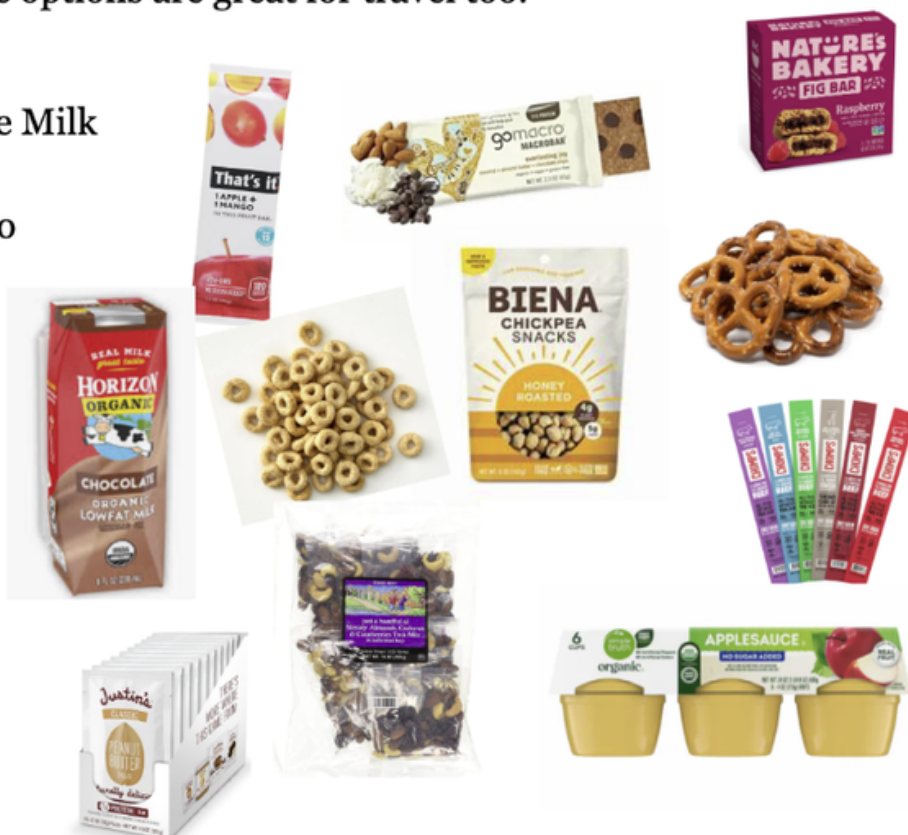
The Feed Zone with Janice Dada



Snacks to Throw in the Swim Bag

A great post-swim snack contains the carbs, protein, and fluid that swimmers need after a hard workout. If it's a shelf-stable snack that can be thrown in a swim bag - even better! Bonus points if it's highly palatable and easy to get down for those with a low appetite after swimming hard. Below are a few snacks that fit the bill. These options are great for travel too.

- ☐ Shelf-Stable Chocolate Milk
- ☐ Trail Mix
- ☐ Bars, such as GoMacro
- ☐ Dried fruit
- ☐ Roasted Chickpeas
- ☐ Jerky
- ☐ Pretzels
- ☐ Dry Cereal
- ☐ Nut butter packs
- ☐ Applesauce



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